

Black Bean and Chicken Slow Cooker Stew



Ingredients

1 lb chicken breast boneless, trimmed
3 16 oz cans black beans, rinsed and drained
24 oz jar salsa
1 16 oz can low-sodium chicken broth
2 tsp ground cumin
2 tsp chili powder

Instructions

Cut boneless chicken breast into 1-inch pieces. Combine all ingredients in slow cooker. Cook on low 6-8 hours or high 4-5 hours. Stir occasionally. Top with 1-2 Tbsp low-fat sour cream, if desired.

Note: Can also be made meatless. In place of meat, add another can of beans.

Nutrition Information Per Serving

Serves 6
Calories: 300
Fat: 2 gm
Sodium: 770 mg
Fiber: 13 gm
Carbohydrates: 39 gm
Protein: 29 gm